

# *Cooking School Recipes*

*January 2020*

# Raw Recipes

## **Corn Chia Crackers**

2 ½ cups fresh or frozen corn  
1/3 cup chia seeds soaked in 4 cups water  
2/3 cup almonds soaked in 1 ½ cup water  
5 Tbsp chopped onion  
1 tsp cumin  
1-2 tsp turmeric (depending on preference)  
1 ½ tsp sea salt

Blend all ingredients in a food processor. Spread in rounds on dehydrator sheet and dehydrate about 15 hours or until crisp. This recipe makes about 40 crackers.

## **Cheese Spread**

1 cup raw macadamia or brazil nuts  
1 cup raw cashew nuts  
½ cup fresh squeezed lemon juice  
1 ½ tsp sea salt  
1 tsp garlic powder

Blend all the ingredients until creamy, you would probably need to add ½ cup of water. Keep in the refrigerator up to 5 days.

## **Raw Ketchup**

2 cups chopped tomatoes  
3/8 cup sun-dried tomato powder  
1 Tbsp Honey  
1 Tbsp lemon juice  
1 Tbsp Tamarind paste or 2 tsp additional lemon juice  
¾ tsp sea salt

Blend all the ingredients in a blender or food processor outfitted with the “S” blade. Store the ketchup in a sealed glass jar in the refrigerator up to one week.

## **Sprouting Guide**

1. Select the type of seed or bean from the chart below.
2. Place the suggested amount of seeds or beans in the sprouting jar and fill with enough purified water to cover the seeds or beans.
3. Soak the seeds or beans for the suggested amount of time.
4. Drain the water from the jar after the suggested amount of soaking time.
5. Put the jar in a dark place such as a kitchen cupboard.
6. Rinse the seeds or beans every 12 hours.
7. After rinsing, replace the jar back to the dark cupboard.

8. Once sprouting begins, that you see the shoots, put the jar into sunlight. This allows the sprouts to develop chlorophyll.
9. Let the sprouts grow for the suggested number of days.
10. You can adjust the growing time based on whether you are planning on eating the sprouts or juicing the sprouts. If you want to eat the sprouts, then you can eat them when they are a little smaller. If you want to juice the sprouts, then they will need to be a little bigger.



<http://www.blytheraw.com/sprouting-chart>

#### **Sprouting Chart**

<b>Seed</b>	<b>Amount</b>	<b>Soak Time</b>	<b>Sprout Time</b>	<b>Yield</b>
Almonds	2 cups	12 hrs	1-2 days	3 cups
Alfalfa	2 Tbsp	8 hrs	4-5 days	3 cups
Adzuki	1/2 cup	8 hrs	3 days	1 1/2 cups
Barley	1 cup	8 hrs	1-2 days	2 cups
Buckwheat, no hull	1 cup	10 hrs	2 days	1 1/2 cups
Broccoli	2 Tbsp	6-10 hrs	3-5 days	1 1/2 cups
Cabbage	2 Tbsp	6 hrs	4-6 days	1 1/2 cup
Chia	1/3 cup	1 hrs		2 cups
Clover	2 Tbsp	8-12 hrs	5 days	2 1/2 cups
Cumin	2 Tbsp	7-9 hrs	2 days	1 cup
Fenugreek	2 Tbsp	6 hrs	4-5 days	3 cups
Flax	1/2 cup	1-2 hrs		1 cup
Garbanzo	1 cup	12-16 hrs	4-5 days	2 cups
Lentils	1 cup	8-14 hrs	3 days	2 cups
Mung Beans	1 cup	8-14 hrs	4-5 days	2 cups
Millet	1 cup	8 hrs	1 day	2 cups
Mustard	2 Tbsp	8-14 hrs	5-6 days	1 1/2 cups

Teff	1 cup	8-12 hrs	2-3 days	2 cups
Quinoa	1 cup	8 hrs	2 days	2 cups
Peas	1 cup	8-12 hrs	3 days	2 cups
Rye berries	1 cup	6 hrs	2-3 days	2 cups
Raddish	2 Tbsp	6 hrs	4-5 days	3 cups
Pumpkin	1 cup	6 hrs	1 day	2 cups
Sesame	1 cup	4 hrs	1 day	1 1/2 cups
Sunflower	1 cup	6-10 hrs	1-2 days	2 cup
Spelt	1 cup	10-15 hrs	2-3 days	2 cups
Wheat berries	1 cup	8-14 hrs	2-3 days	2 cups
Wild Rice	1 cup	12-24 hrs	4-5 days	2 cups

## JUICE FORMULA AND BENEFITS

UCHEE PINE LIFESTYLE CENTER KITCHEN

### **Recommended Juice Formula:**

**General Formula:** 1/3 carrot juice & 2/3 green's juice

Ex: 3 oz carrot juice mixed with 5 oz green juice (spinach, celery, cabbage, cucumber, zucchini, broccoli, swiss chard, collard greens, etc)

### **Exceptions to Above Formula:**

Beet Juice\*: 1-2 oz per meal

Wheat Grass Juice\*: 1-2 oz per meal

Ginger: 1" may be added to a 2-quart jar for more dark leafy greens or vegetables difficult to digest through juicing (asparagus, broccoli, cabbage, cauliflower, collard greens, etc)

\*Above juices are recommended to be introduced in the beginning with small doses for those who have not used it before and then gradually increase dosage.

### **REMINDER:**

All vegetable juices should be sealed after being used to prevent further oxidation and total enzyme lost. All juices if not drank immediately over time will lose some enzymes but usually have 48-hour time frame before it should be discarded

## **BENEFITS OF VEGETABLE IN JUICE FORM**

- **Asparagus:** Used in treatment of arthritis, rheumatism and diuretic. Low in calories and carbohydrates, but rich in protein. 4-oz glass will contain more protein than one cup of cooked rice or corn. Good source of vitamins and minerals, including vitamin C, riboflavin and folic acid (helpful to possibly lower homocysteine levels). It contains the amino acid asparagines which can be excreted in urine giving strong odor.
- **Beets:** Beet greens are higher in nutritional value than the roots, especially in calcium, iron, Vitamin A and C. Helpful in primarily focusing on disorders of the liver and have been recognized for reported anticancer properties. It is recommended from juice experts that 1 oz should be gradually introduced into the system due to laxative/ purge effects. You may increase the amount over time.
- **Bittermelon:** Antidiabetic properties, and has been confirmed to have blood-sugar-lowering action. Stimulates insulin release, and helps increase uptake of glucose by the cells. Contains a compound called charantin used to lower blood sugar. It also contains an insulinlike compound referred to as polypeptide-P, or vegetable insulin, which lowers blood sugar levels.
- **Broccoli:** One of the most nutrient-dense foods. Similar to asparagus, it also has more protein in one cup serving than a cup of corn or rice. One of the richest sources of vitamin C. Like the other cruciferous vegetables, it has remarkable anticancer effects particularly in breast cancer. Compounds in broccoli known as indoles (specifically indole-3-carbinol) increase the excretion of the form of estrogen (2-hydroxyestrone) linked to breast cancer.
- **Cabbage:** Provides excellent levels of many nutrients such as vitamin C, potassium, iron, and calcium. More important than the nutrient content is the anutrient level. Contains more anutrients with demonstrable anticancer properties than any other vegetable family. American Cancer Society's key dietary recommendation to reduce risk of cancer is to include on regular basis cruciferous vegetables such as cabbage, broccoli, brussels sprouts and cauliflower. It can inhibit cancer development and tumor growth, induce detoxification enzymes and prevent formation of carcinogens, improve metabolism of estrogen and much more. It also been shown to be effective in treatment of peptic ulcers within 7 days.
- **Carrots:** Highest source of provitamin A carotenes. Carrots are full of many nutrients and anutrient. Studies showed that one carrot a day could conceivably cut the rate of lung cancer in half.
- **Cauliflower:** Anticancer properties.
- **Celery:** Rich in potassium and sodium. Serves as great electrolyte replacement drink. Contains anutrient compounds such as coumarins, which have been shown to help in preventing cancer and enhancing activity of certain white blood cells. Coumarin also has been found to tone the vascular system, lower blood pressure and may be useful in cases of migraine.
- **Cucumbers:** Composed primarily of water. Excellent source of important minerals like silica. Silica contributes to strength of connective tissue, which holds the body together. It includes the intracellular cement, muscles, tendons, ligaments, cartilage and bone. Without silica, connective tissue would not be properly constructed. The juice also recommended as a diuretic and as a way to improve the complexion and health of the skin.
- **Ginger:** Excellent carminative (substance that promotes elimination of intestinal gas) and intestinal spasmolytic (substance that relaxes and soothes the intestinal tract). Use to treat motion sickness, dizziness, nausea, vomiting and cold sweating. Found to be very potent inhibitor of formation of inflammatory compound prostaglandin and thromboxanes which act as anti-inflammatory agent
- **Kale and other greens (collards, swiss chard):** Rich in essential vitamins and minerals, especially calcium, potassium, and iron. A cup of kale or collards has more calcium than a

cup of milk. It also contains three times more calcium as phosphorus. High phosphorus consumption has been linked to osteoporosis, as it will reduce utilization and promote the excretion of calcium. Also contains anticancer properties.

- **Parsley:** extremely rich in chlorophyll and carotenes. Shown to inhibit cancer causing properties. Also regarded as an excellent “nerve stimulant”.
- **Spinach:** Regarded as plant that has remarkable abilities to restore energy, increase vitality and improve the quality of the blood. Spinach, like other vegetables containing chlorophyll and carotene, are strong protectors against cancer.
- **Wheatgrass:** Blood cleanser, blood builder, blood purifier and nutritive tonic. In conjunction with cleansing program, will do much as tonic aid in relieving pain and suffering. Will also promote general healing to the body. Considered to be one of the “chlorophyll super foods” used for treating cancerous growths and other degenerative disease.

## Dairy

### **Almond Cheese Sauce**

3/4 cup almonds  
1 cup water  
2 Tbsp sesame seeds or 1 tsp tahini, optional  
1 ¼ tsp salt  
2 tsp onion powder  
1/8 tsp garlic powder  
1/8 tsp dill weed, optional  
½ cup pimentos  
2 Tbsp lemon juice

Blend all ingredients until smooth. Use it as cheese for pizza. You can add 2 Tbsp of cornstarch to 1 cup of liquid to make sliceable cheese. Bring it to a boil, and keep stirring.

### **Macaroni and Cheese**

3 cups dry macaroni  
1 cup coconut milk  
2 cups water  
2-3 tsp salt  
½ cup raw cashew pieces (rinsed well)  
¼ cup pimentos (or red pepper)  
1 Tbsp lemon Juice  
¼ cup thickener (arrowroot, or cornstarch)  
1 tsp onion powder  
¼ cup soy milk powder (not vanilla-flavored), or may increase to 1/2 c. cashews if no soy milk powder

Cook macaroni in 3 qts. boiling water with 2 tsp. of salt till soft. Follow package directions for pasta. Blend remaining ingredients till very smooth for about 2 minutes or more if needed. Drain macaroni, and return to pot. Add blended mixture to the pot and cook together until thick, stirring gently. Add 1-2 c. of frozen peas or sliced olives if desired. Cover and let sit for 5-10 minutes before serving. Make cover with bread crumbs and bake till bread crumbs are crunchy or golden brown.

## **Simple Mayonnaise**

12 oz box MoriNu Silken Soft Tofu, or ½ brick regular tofu plus ¾ cup water  
1 cup raw cashew nuts (can substitute almonds)  
¼ cup lemon juice  
1 Tbsp honey  
2 tsp salt  
1 tsp onion powder (be sure it is the fine powder, not the granulate onion)

Place all ingredients in the blender, and blend for at least 1 minute until silky smooth. Chill to thicken.

## **Ranch-Style Dressing Mix**

1/4 cup onion powder  
1 Tablespoon celery salt  
2 Tablespoon dried parsley flakes  
1 Tablespoon dill weed  
2 teaspoons garlic powder  
2 teaspoons sweet basil  
1 1/2 teaspoons salt  
1 Tablespoon sugar

Mix together and store in an airtight container.

Makes one cup. For Ranch Style Dressing, use 1 Tbsp of mixture and add to one recipe of Simple Mayonnaise.

## **Fresh Corn Butter**

1 ½ cups fresh or frozen corn  
2-4 Tbsp Coconut milk  
3 Tbsp shredded coconut  
¾ tsp salt  
½ tsp onion powder (optional)  
¼ tsp garlic powder (optional)

Cook the corn. Blend everything together.

## **Pizza dough**

1 Tbsp sweetener  
½ cup warm water  
1 Tbsp baking yeast  
1 ½ cup nut mixture  
½ cup ground flaxseeds  
¾ tsp salt  
¼ cup sweetener  
4 cups whole wheat flour

In a small bowl, add the first three ingredients. In a large bowl mix the nut mixture, flaxseeds, salt, ¼ cup sweetener and yeast mixture. Mix well. Start adding flour 1 cup at a time and knead till

dough is no longer sticky (7-10 minutes). The dough should spring back after pushing your finger into it. Let it rise till double in size. Punch down dough and roll it out. Put it on pizza pan. Preheat oven to 350°F and once hot place pizza crust in oven and bake for 15-20 minutes. Let it cool down and wrap in plastic wrap. Place crust in refrigerator and let sit for 2 days. Take out crust and continue as following:

You need:

- 1 cup tomato sauce
- 1 cup homemade burgers or mashed and seasoned tofu
- 1 cup cheese sauce
- 1 cup chopped onions
- 1 cup chopped bell peppers
- 1 cup sliced olives

Spread 1 cup of tomato sauce on the pre-baked pizza crust. Cutting the pizza crust before applying toppings is easier than trying to cut it when the pie is hot. Apply the toppings in the following order: burgers, cheese sauce, chopped onions, bell peppers and olives. Cut almost through the outside crust. This will hold it together and can be easily shipped before serving.

Bake it at 350°F for 20 minutes.

### **Sicilian Spaghetti Sauce**(for pizza)

- 1 qt. tomato, chopped
- 3 12-oz. cans, tomato paste
- 1 onion, large chopped
- 1 bell pepper, large, chopped
- 2 6-oz. cans, pitted/sliced black olives
- 4-6 cloves, crushed garlic
- 1 tsp. Italian seasoning
- 1 Tbsp sea salt (or Celtic salt)
- ½ Tbsp basil
- 1 tsp oregano
- 1 tsp marjoram
- ½ tsp thyme

In a large soup pot sauté onion, garlic, and green peppers in water. Add tomato paste and water to desired consistency. For sweeter sauce add ¼ c. honey or dates. Add all ingredients and simmer for about an hour.

Sauce always tastes better the next day.



# Spices

## **Sweet Potato Curry**

1 chopped medium sized onion  
2 gloves of garlic, minced  
5-6 medium sized sweet potatoes cubed  
1 cup green peas  
2 cups cooked garbanzo beans  
1 can coconut milk  
1 cup of water (1/4 cup to sauté onions, 3/4 cup to give more liquid to curry sauce)  
2 Tbsp Curry Seasoning  
Salt to taste

Sauté onion and garlic in 1/4 cup of water on the stove for about 5-8 minutes till onion are tender. Add coconut milk, remaining water and curry seasoning to onion and sauté for about 5 minutes. Add sweet potato and cook till tender (25-30 minutes depending on size of cubes). Once almost cooked, add garbanzo beans and sweet peas. Let simmer for about 5-10 minutes.

## **Curry Powder**

1 1/2 Tbsp granulated or powdered garlic  
2 Tbsp turmeric  
2 Tbsp coriander, ground  
2 Tbsp cumin, ground

Blend all ingredients in a blender and keep in an airtight container.

## **Simple Herb Dressing**

2/3 cup whole green olives  
2/3 cup water  
3 Tbsp fresh lemon juice  
1/2 - 1 tsp Sea salt  
1 tsp onion powder  
1/2 tsp dry basil  
2 garlic cloves

Blend all ingredients until smooth. Dressing will keep for approximately one week in the refrigerator in an air-tight container.

## **Basil-Almond Dressing**

1/2 cup almonds  
1/2 cup fresh basil (well packed) OR 2 Tbsp. dry basil  
1-2 garlic cloves  
1 cup water  
Juice from 1 lemon  
3/4 tsp salt

Blend all ingredients until smooth. Dressing will keep for approximately one week in the refrigerator in an air-tight container.

## **Spanish “Rice”**

1 small cauliflower head  
6 green onions  
1 orange bell pepper, diced  
2 c. grape tomatoes, sliced in half  
1 avocado cubed  
¼ - ½ c. cilantro, chopped  
2 t. paprika  
1 t. Celtic sea salt or to taste  
Juice of one lemon

Chop cauliflower in the food processor until “rice” consistency. Chop and dice vegetables. Mix them together. Add paprika, lemon juice and salt and mix. Tomatoes should be added last and mixed in gently.

## **Peanut Dipping Sauce**

1 can (14oz) coconut milk  
2 Tbsp fresh lime (or lemon juice)  
1 Tbsp fresh ginger (Optional)  
2 garlic cloves  
1 Tbsp thickener (arrowroot powder)  
1 tsp salt  
½ cup peanut butter

Blend above ingredients well in blender and cook over medium heat until thickened, stirring often. You could also use Almond butter instead of peanut butter.

## **Hummus**

2 cups cooked Garbanzos  
2-3 Tbsp lemon juice  
¾ tsp salt  
½ cup tahini (optional)  
1/3 – ½ cup garbanzo juice or water  
1 ¼ tsp onion powder  
2 garlic cloves OR ½ tsp garlic powder

Use a food processor to blend all ingredients for 1-2 minutes until creamy. Use as a delicious spread or dip. If you want to use it as a dressing, double the water.

## HERBS FOR SEASONING

A pinch of herbs, deftly chosen, can perk up the meal. Taste preferences vary; there are no rules for seasoning. We suggest experimenting, starting with small amounts. There will be happy surprises.

Fresh herbs are more desirable, especially in salads. Use three times as much if dried. Rubbing whole dried leaves between the fingers release the fresh fragrance, long cooking destroys flavor.

Add herbs about 15 minutes before serving to develop the fresh fragrance you want to enjoy.

Beets:	Tarragon, dill, sweet basil, thyme, bay leaf, cardamom seed
Broccoli:	Tarragon, marjoram, oregano
Brussel Sprouts:	Sweet basil, dill, savory, caraway, thyme
Carrots:	Sweet basil, dill, marjoram, thyme, parsley
Cauliflower:	Rosemary, dill, savory, tarragon
Cabbage:	Caraway, celery seed, savory, tarragon, dill
Cucumbers:	Tarragon, sweet basil, savory, lemon
Eggplant:	Sweet basil, thyme, oregano, rosemary, sage, cilantro
Beans (dried):	sweet basil, oregano, dill, savory, mint, garlic, parsley, bay leaf, cilantro
Lima beans:	Sweet basil, chives, marjoram, savory
Onions:	Oregano, thyme, sweet basil, cilantro
Peas:	Sweet basil, mint, savory, oregano, dill
Potatoes:	Dill, chives, parsley, sweet basil, marjoram, savory
Squash:	Sweet basil, dill, oregano, savory
Spinach:	Tarragon, thyme, oregano, rosemary
Tomatoes:	Sweet basil, oregano, dill, garlic, savory, parsley, bay leaf, cilantro
Green Salad Dressings:	Sweet basil, parsley, chives, tarragon, lemon, thyme, dill, marjoram, oregano, rosemary, savory, mint
Cole Slaw:	Dill, marjoram, caraway seed, savory, mint
Spaghetti Sauce:	Sweet basil, oregano

# Breakfast

## **Maple Walnut Granola**

2 cups date pieces (or chopped dates)  
½ cup chopped walnuts  
½ cup fruit juice (or water)  
2 cup hot water  
1 Tbsp vanilla  
1 tsp maple flavoring  
¾ tsp salt  
12 cup rolled oats  
1 cup chopped walnuts  
½ cup unsweetened shredded coconut

Blend dates, ½ cup walnuts, fruit juice, water, vanilla, and maple flavoring together in a blender. Mix oats, 1 cup walnuts, and shredded coconut in a large bowl. Pour the batter in the blender over the dry ingredients and mix well (use your hands).

Bake on a baking tray in a 200-degree oven until crisp, dry and golden brown (takes several hours) for 5-6 hours. If you want to bake it overnight, put it in 170°F instead. Stir frequently for even drying. Watch carefully because it can burn easily. Store granola in an airtight container.

## **Scrambled Tofu**

In a large skillet, sauté one medium onion in a small amount of coconut milk.

Mix together in a large bowl:

2 pounds of extra firm water pack tofu (mashed)  
3 Tbsp Uchee Pines chicken style seasoning  
2 Tbsp onion powder  
1½ tsp. garlic powder  
1 tsp. turmeric  
¼ tsp. salt

Cover and simmer for 10 minutes until all flavors have blended. Taste and add additional salt if more is needed.

## **Breakfast Potatoes**

4 cups diced potatoes  
1 ½ tsp onion powder  
¾ tsp garlic powder  
1 tsp salt  
Rosemary to taste  
Coconut oil, optional

Par-boil potatoes by bringing water to a boil in a pot. Put potatoes into boiling water and boil for 5 to 7 minutes or until barely tender but yet firm. Remove potatoes from water & rinse them with cold water. Shake out excess water. Add seasonings and mix well. Bake between 375-400 degrees on a sprayed or parchment papered baking sheet until lightly golden browned.

## **Ambrosia**

1 cup coconut milk  
1 tsp vanilla  
4 Tbsp chia seeds  
3 Tbsp honey  
¼ cup juice concentrate  
4 cups pineapple chunks  
2-4 mandarins or oranges  
2 cups red seedless grapes

Mix everything together and let set for 2-4 hours in the refrigerator, or overnight.

## **Tropical Rice**

Put the following ingredients into the crock pot and cook for 5-6 hours.

1 ½ cups water  
½ cup unsweetened pineapple juice  
½ cup brown rice  
¼ cup raw chopped or slivered almonds  
½ tsp salt

Turn off cooker. Stir in the following ingredients and let sit for 5 minutes for the dried fruit to soften.

½ cup chopped dried fruit or raisins  
1 tsp vanilla  
1 cup unsweetened crushed pineapple  
½ cup coconut milk

## **Strawberry Topping**

4 cup strawberries (fresh or frozen)  
1 cup apple juice concentrate  
3 Tbsp cornstarch

Cut strawberries in pieces. Dissolve Cornstarch in the cold apple juice concentrate. Put everything in a pot and bring it to a boil. Let it cook until strawberries are tender.

Variations: Use Grape juice and as fruit use blueberries or blackberries.

## **CHIA SEEDS**

- Raelene Morgan -

Chia is familiar to most of us as a seed used for the novelty of the Chia Pet™, clay animals with sprouted Chia seeds covering their bodies. Little is known, however, of the seeds tremendous nutritional value and medicinal properties. For centuries this tiny little seed was used as a staple food by the Indians of the south west and Mexico. "Chia" is the Mayan word for strength. Known as the running food, its use as a high energy endurance food has been recorded as far back as the

ancient Aztecs. It was said the Aztec warriors subsisted on the Chia seed during the conquests. The Indians of the south west would eat as little as a teaspoon full when going on a 24 hr. forced march. Indians running from the Colorado River to the California coast to trade turquoise for seashells would only bring the Chia seed for their nourishment.

Nutrition researchers looking at Chia have called it an "almost perfect food". Let's see why...

### ***1) Chia is Nutritious! -***

#### **o An excellent source of Omega 3/ Essential Fatty Acids**

- Benefits of essential fatty acids:
  - Help your concentration and improve your mood
  - Give you healthy nails, skin, and hair
  - Reduce risk of cardiovascular disease
  - Improve your mental function
  - Potential reduction in the symptoms of hypertension, depression, joint pain and other rheumatoid problems.
  - May aid in weight management.
- Chia seeds are nature's richest vegetarian source of omega-3 essential fatty acids.
  - 15x more Omega 3s than salmon.
  - The omega 3 fatty acid found in chia, which is known as alpha linoleic fatty acid (ALA) is the only essential omega 3 fatty acid. This means a person must consume this fatty acid, since the body cannot manufacture it.

#### **o Provides Calcium.**

- **Benefits of calcium:**
  - Build strong bones
- Chia seeds provide 5-6 times more calcium than milk.

#### **o Provides Boron.**

- Chia seeds contain the trace mineral boron which speeds the rate at which calcium is absorbed and utilized by the body. The nutrients also support proper brain functioning.

#### **o Provides protein.**

- The protein content of Chia is higher than other nutritional grains. Unlike other grains, it is a complete protein, with high levels of 18 Amino Acids (including the essential 10).
- 19 to 23% of chia seed weight is protein.

#### **o Nature's richest source of fiber (especially rich in soluble fiber).**

- Chia contains both insoluble and soluble fiber. In general total fiber content is approximately 28 to 32 percent.
  - About 2 tablespoons --25 g-- give you 7 g of fiber.
- The general health benefits of fiber are:
  - 1. Insoluble - reduced risk of breast and colon cancer
  - 2. Soluble - reduced risk of cardiovascular disease and some cancers and reduces blood cholesterol levels.
- Other benefits include:
  - 1) Consumption of foods containing fiber has been associated with a reduced risk of type 2 diabetes.
  - 2) May be a means of weight control.

- o **Other Nutritional Benefits...**

- Chia has:
  - 3x more iron than spinach.
  - 15x more magnesium than broccoli.
  - Chia seeds has 2 times more potassium than banana.
  - No trans fats.
- Chia is:
  - Gluten Free
  - Cholesterol free

## **2) *Chia Lowers cholesterol (see info under Fiber)***

## **3) *Chia Increases Digestive Health***

- Chia has both soluble fiber (which forms the outer gel) and insoluble fiber. Both types of fiber are healthy for the digestive system. The insoluble fiber helps clean the intestinal tract. The soluble fiber can act as a prebiotic and help feed the good bacteria in your digestive system.

## **4) *Chia Is an Antioxidant***

- o Antioxidants have recently been recognized as being important to human health.
- o When looking at antioxidants in foods they can be divided into two main groups or categories. The two groups and their general benefits are as follows:
  - Vitamins and Minerals - protects cells from free radicals which can cause oxidative stress or damage to cells in the body
  - Phenols or Phenolic Compounds - reduced risk of cardiovascular heart disease and cancer, protect cells from free radicals
- o It is the second category, the phenolics, which Chia contains significant amounts of.
- o More specifically the health benefits of consuming antioxidants are as follows:
  - Oxidative stress arising from the presence of free radicals is associated with a number of degenerative diseases that come with aging including: cancer, cardiovascular disease, cognitive impairment, Alzheimer's disease, Parkinson's disease, immune dysfunction, cataracts and macular degeneration.
  - Antioxidants have been shown to reduce oxidative stress, and hence help to prevent onset of these diseases.

## **5) *Chia Is Easily Digestible***

- o You do not need to grind the Chia Seeds to digest it. It is a relatively easy to digest seed, as opposed to its nutritional counterpart, flax seeds.
- o The shells are easily broken down, even when swallowed whole. This is an improvement over flax seed, which have to be ground up to be digested properly. If you eat flax seed whole, it will just pass through.

## **6) *Chia is Hydrophilic***

- o The chia seeds are great for athletes because they are highly hydrophilic. Being hydrophilic means it absorbs large amounts of water. Chia Seeds can absorb over 10 times their weight in water making them a great enhancer in hydrating our bodies. They absorb the water we drink holding it in our system longer.
- o Like flax, chia seeds are highly hydrophilic, with the ability to hold about twelve times as much water as their own weight.

### ***7) Chia Benefits Diabetics***

- o Studies show that eating chia seed slows down how fast our bodies convert carbohydrate calories into simple sugars. This leads scientists to believe that the chia seed may have great benefits for diabetics.
- o **Helps stabilize blood sugar and reduce junk food cravings** - The gel forming is due to soluble fiber in the chia. In your digestive system, this gel actually slows down the conversion of carbohydrates to sugar, thus helps to stabilize blood sugar. By eliminating the peaks and valleys of your blood sugar, you get a more consistent energy level and reduced cravings.

### ***8) Chia Aids Weight Loss***

- o The chia seed gels when becoming wet and this gel, when in our digestive systems, helps prevent some of the food, hence calories that we eat from getting absorbed into our system. This blockage of calorie absorption makes the chia seed a great diet helper. Eating the seeds also helps dieters by making them feel fuller faster so they will be less hungry!
- o The seeds will help you lose weight, for two reasons. The first reason is that they are so filling that you will eat less of other foods. The second reason is that they actually bulk up and cleanse your body of old “junk” in your intestines.
- o **Fills you up** - Chia seeds actually swells in water and help to make you feel full and potentially eat less. Take a look at the chia seed picture again and see how much each seed actually swells in just a few minutes
- o **Low glycemic index** - Chia has an extremely low glycemic index of 1, and actually helps to lower the rate at which other carbohydrates are converted to sugars.

### ***9) Chia is Energy Enhancing***

- o The health pioneer Paul Bragg did an experiment in an endurance hike with friends. They divided up into a chia-eating group and another group, who ate whatever they wanted. The group eating only chia seeds finished the hike four hours, twenty seven minutes before the others, most of who didn't even finish at all.

### ***10) Uses***

- o Unlike some seeds, the flavor is very mild. The mild taste makes it easy to put in sauces, spreads, smoothies/ fruit shakes, breads, puddings, cookies, cakes, muffins, add to your yogurt, ice cream, sprinkle them on cereal in the morning, add to salads, use them uncooked in salad dressings, .
- o The seeds can be used to replace less-healthy fat in just about any recipe.
- o In any recipe that calls for flax seeds, you can substitute chia seeds.

### ***11) Chia Sprouts***

- o Chia seeds are sticky, and sprout easily when spread on earthen clay pots. Chia seeds originated in Mexico, and Mexico is known for its clay pottery usage and designs, the chia seeds and clay pottery were a perfect union. Incidentally, the chia sprouts grown on Chia Pots are edible, tasting like watercress, providing the same health benefits as the chia seeds.

### ***12) Storage of Chia Seeds***

- o Stored at room temperature, oily seeds will eventually turn rancid. Seeds that are low in oil, such as fenugreek, chia, psyllium, can be stored at room temperature for long periods (a year or more) before losing viability or going rancid.



### **Chia Gel**

One of the best ways to eat Chia is as a gel. To do this you add 1/2 cup of seeds to about 4 cups (1 quart) of water. Stir well to break up any clumps and let sit in your refrigerator for about twelve hours. (It will gel in less than an hour, but the additional soaking increases the nutritional impact of the gel.)

### **Chia Milk**

(makes full blender jar — 5 cups)

4 Tbsp. Chia seeds  
2 Tbsp. Walnuts  
2 Tbsp. Raw sesame tahini  
2 Tbsp. Unheated, unfiltered honey  
dash of vanilla (optional)  
5 cups water

In a jar or glass, soak seeds and walnuts overnight in 3 cups of water. Pour into blender jar, add 1 cup of water, and turn on blender, running it at medium speed. With blender running, add tahini, honey, and vanilla, and then add 1 more cup of water. Blend only until smooth.

Chia milk is rich in EFAs and protein. Because of the soaking, it is also particularly rich in enzymes. Because of chia seeds' antioxidants, it will keep well in your refrigerator. Use it within a week as a substitute for other forms of milk. (Maybe you'll decide that chia milk isn't a substitute for anything; rather, other forms of milk are a substitute for chia milk.)

## **WHOLE WHEAT BREAD**

### **I.**

**In a smaller bowl, add in this order:**

1 teaspoon honey

½ cup very warm water (**but not hot**)

1 Tablespoon instant dry baking yeast

**Mix above ingredients together well and allow mixture to get foamy.**

### **II.**

**In a medium to large bowl, mix together until lecithin is dissolved:**

1¼ cups warm coconut milk

2 Tablespoons liquid lecithin

**Then add:** 2 Tablespoons honey and ¾ teaspoon salt to mixture.

### **III.**

**Pour** foamy yeast mixture over the milk mixture in the medium-large bowl. Mix briefly. Stir in 3¾ cups wheat flour. Mix well. Add another ¼ cup additional flour if needed until dough is soft but no longer sticky. Knead gently for a few minutes. Shape dough and place in a greased loaf pan. Allow to rise until dough has at least doubled in size. Bake in a pre-heated hot oven at 350 degrees for 50 minutes to an hour or until done. Bread should be browned on all sides. Cool on a baking rack. Cover with a clean dry kitchen towel. Bag and store at room temperature for at least 2 days before refrigerating or freezing.

**Note:** Yeast breads should not be eaten right away. Allow bread to rest for 48-72 hours. This allows time for the yeast to evaporate from the bread.

**Optional:** 2 Tablespoons ground flaxseeds can be added to dough mixture if desired **while adding the flour.**

## **VAL'S GLUTEN FREE CRACKERS**

1 cup Almond milk

1 cup Rice flour

1 cup of coconut milk (any nut milk)

¼ cup Tapioca flour

2 tsp sesame seeds (for garnishing on top)

1 tsp onion powder

1 tsp rosemary crushed

1 tsp salt

Mix all the ingredients in a bowl excluding the sesame seeds. Then add 1 cup of coconut milk (any nut milk). Then roll it out as desired and place in a baking sheet. Bake at 375 F degrees for 15-20 minutes or until slightly golden and crispy. Keep watching it.

# Protein

## **Garbanzo and Dumplings**

Cook 2 cup dry garbanzos until soft or use 4 cups garbanzos. For broth, add to the garbanzos:  
5 cups water  
1-2 bay leaves  
6 Tbsp Chik-it seasoning  
2 cups chopped onions  
4 stalks celery chopped  
garlic powder to taste  
salt to taste

### **Dumplings**

Mix in order given:

1 cup water (add gradually)  
½ tsp salt  
1/3 cup tahini (optional)  
1 cup whole wheat flour  
1 cup unbleached flour (or use another cup of whole wheat flour)

Form a ball. Let rest 5 minutes. Roll out into 1/8" thickness. Cut into strips or squares. Place one at a time in boiling broth. Boil for 5 minutes. Reduce heat and let simmer for 40 minutes.

## **Baked rice**

Dextrinize 2 cups of rice. Put in a baking pan and add 4 cups of water. Add ½ tsp salt. Bake it at 375°F for 45 min to an hour.

## **No Fail Oat burgers**

1 large onion finely chopped  
2 tablespoons basil leaves  
1 teaspoon sage  
4 tablespoons Uchee Pines chicken-style seasoning  
1 teaspoon salt  
1 tablespoon garlic powder or granulated garlic  
2 tablespoons onion powder or granulated onion  
3 cups finely ground walnuts  
4 cups water  
4 cups rolled oats

Put all of the above ingredients (except the rolled oats) into a large pot and mix well. Bring mixture to a boil and add rolled oats, mixing well as you add them. Cover saucepan with a lid. Reduce heat to allow mixture to simmer on a very low heat setting. Allow mixture to cook for 5 minutes without stirring during this time. (Note: Too much stirring will cause you to have "mushy" oat burgers.) After mixture has cooked for 5 minutes, remove pot from heat and *stir mixture well* "one last time". Please do not overdo it. Don't stir too much. Let mixture cool off the stove for about 20 minutes. Form into burgers using a "burger press" or by hand. If using a burger press, use a 1/3 cup measuring cup to scoop out burger mixture into press so that burgers will be uniform. Place burgers onto sprayed cookie sheets or parchment papered pan and bake in a pre-heated oven @

350 degrees for about 25 minutes. Flip patties and bake an additional 15 to 20 minutes or until nicely browned but not overbrowned.

Yield: Approximately 17 burgers.

### **Tabouli Salad**

2 cups sprouted or steamed and chilled quinoa  
2 cups chopped tomatoes  
1 cup fresh parsley, chopped, without stems  
2 minced garlic cloves  
1 cup chopped cucumbers  
2 Tbsp fresh lemon juice  
1 tsp salt  
1 ½ tsp dried mint or 1 Tbsp fresh mint

Mix all ingredients together. Chill and serve.

### **Armenian Lentil Soup**

1 ½ lentils  
6 cups water  
½ cup brown rice  
1 cup diced onions  
2 Tbsp lemon juice  
1 Tbsp onion powder  
1 Tbsp salt  
1 Tbsp Chicken-Like Seasoning  
1 tsp garlic powder  
1 tsp Dill weed  
2 tsp cumin  
1 cup frozen chopped spinach  
15 ounce can diced tomatoes

Place all ingredients in pot except spinach and tomatoes. Bring to a boil, reduce heat, and simmer for 1 hour or until the lentils are tender. Add spinach and simmer one minute. Add the tomatoes just before serving.

## Desserts

### **Crumble Nut Crust**

½ cup unsweetened shredded coconut  
½ cup raw almonds  
2/3 cup flour or ¾ cup quick oats  
½ tsp salt  
2-3 Tbsp honey (warm and runny)

Place coconut, almonds, flour, and salt in food processor. Blend together for about 30 sec. Then add honey and blend about 15 seconds. Dough should be soft and moist. If it seems to dry and crumble add some more honey, but make sure it will not get too wet, or it will not be as tender and light when baked.

Press into lightly oiled pie plate and bake for 10 minutes at 350°F.

### **Lemon-Pineapple Pie Filling**

½ cup unsweetened shredded coconut  
½ cup water  
3 Tbsp lemon juice  
2 Tbsp sweetener (honey)  
1 tsp vanilla  
¼ tsp lemon extract (optional)  
¼ tsp salt  
1/3 cup cornstarch  
2 1/3 cup pineapple juice  
¾ cup crushed pineapple (drained)

Blend first eight ingredients until smooth. When smooth, add juice and blend a few more seconds. Pour into saucepan and lightly boil 5-10 minutes, stirring until thickened. Stir in well-drained crushed pineapple. Pour into pie shell and chill.

### **Tapioca Pudding**

3 c. warm water  
½ c. cashew (rinsed well)  
1/3 c. minute tapioca (or tapioca granules)  
1 Tbsp. vanilla  
¼ tsp. salt  
1/3 c. honey  
1/3 c. coconut milk

Blend together water, cashews, coconut milk, vanilla salt and honey. Pour into saucepan and add the tapioca. Then let sit for 10 minutes in pot. Cook on medium high stirring constantly until thick and tapioca is clear. Chill. Serve with fruits and/or fruit topping of choice. Decorate with whipped topping.

### **Whipped topping** From the "Seven Secrets Cookbook"

1 cup water  
1 rounded teaspoon agar flakes (2 rounded teaspoons powder)  
(Note: "Rounded" (not level) is the key. This extra agar makes the topping stiffer and nicer to use on desserts, and especially as icing on cakes.)  
1/2 cup raw cashew nuts  
1/3 cup honey or 1/2 cup sugar  
1/2 teaspoons salt  
1 teaspoon vanilla  
1 can coconut milk (or two cups soymilk)

Stir together the agar and water, and bring to a boil, stirring constantly. Reduce heat and simmer for 1 to 2 min.

Place remaining ingredients in blender along with hot agar mixture. Blend on high until smooth, pour into a container and chill in refrigerator several hours or overnight. For quicker chilling use a large shallow container.

Before using, place chilled mixture (which will be quite firm) in blender or food processor, and blend until creamy. It should be the consistency of Cool Whip.

### **Haystack Cookies**

1/2 cup whole wheat flour  
2 1/3 cups shredded coconut  
1/4 tsp salt  
1/2 cup quick or regular oats  
2 cups chopped walnuts  
2 cups date butter  
1 1/2 tsp Vanilla

Mix all ingredients together in bowl. Drop by 1/4 c. portions onto parchment-lined baking sheet. Form into haystack shape with hands. Bake at 350F for 30-40 minutes or until lightly browned.